



Welcome to TELUS Health

TELUS Health blends the best user experience and clinical expertise together to help people everywhere achieve total mental, physical, social and financial wellbeing. It has both your Employee Assistance Program (EAP) and personalized wellbeing resources that can support you and your dependents with issues related to work, life and everything in between.

TELUS Health offers support with mental, financial, physical and emotional wellbeing. Whether you have questions about handling stress at work or at home, parenting and childcare, managing money, or health issues, you can turn to TELUS Health for a confidential service that you can trust.



All the events are primarily on Thursdays at 1PM ET

Employee orientations:

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| <u>January 22</u> | <u>July 16</u> |
| <u>February 5</u> | <u>August 13</u> |
| <u>March 19</u> | <u>September 10</u> |
| <u>April 9</u> | <u>October 6</u> |
| <u>May 5</u> | <u>October 8</u> |
| <u>May 7</u> | <u>November 19</u> |
| <u>June 11</u> | |

Manager orientations:

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| <u>January 29</u> |
| <u>April 28</u> |
| <u>April 30</u> |
| <u>July 9</u> |
| <u>September 22</u> |
| <u>September 24</u> |
| <u>November 5</u> |